

## AYURPATRA

Your monthly health e-newsletter

Vol: 1-Diseases of - Above Shoulder region

SERIES URDHWAJATRUGATA XXIX – MARCH 2007

This monthly e-feature "Ayurpatra" is a sincere effort for the welfare of the mankind through Ayurveda. Our web site ([www.ayurplanet.com](http://www.ayurplanet.com)) has helped millions of people. Ayurpatra is loaded with lots of information, events and happenings related to Ayurveda including featured articles, details of very useful herbs, beauty tips and various herbal products and health supplements. The aim of this Newsletter is to serve humanity from health aspect by natural means.

### FEATURE HEALTH ARTICLE: Trigeminal neuralgia

Trigeminal neuralgia is a disorder of the trigeminal nerve that causes episodes of sharp, stabbing pain in the cheek, lips, gums, or chin on one side of the face. Ayurvedic diagnosis states there is no pain without *vata*. Thus it is a Vata disorder attacking the *vaktra/aanan/face* region.

The pain of trigeminal neuralgia is due to a disturbance in the function of the trigeminal nerve (the fifth cranial nerve), which carries sensation from your face to your brain.

These painful attacks can be spontaneous, but they may also be provoked by even mild stimulation of your facial region, including brushing your teeth, shaving or putting on makeup. The pain may occur in a fairly small area of your face, or it may spread rapidly over a wider area.

#### Signs and symptoms

An attack of trigeminal neuralgia can last anywhere from a few seconds to about a minute.

Some people have mild, occasional twinges of pain, while other people have frequent, severe, electric-shock-like pain. Some people who may initially experience short, mild attacks may experience a quick progression in the condition, with longer, more frequent episodes of jolting, piercing pain.

It's possible for the pain to occur on both sides of your face, but trigeminal neuralgia usually affects just one side. The pain may affect just a portion of one side of your face, or the pain may spread in a wider pattern.

The condition also tends to come and go. You may experience attacks of pain off and on all day, or even for days or weeks at a time. Then, you may experience no pain for a prolonged period of time.

The cause of the pain is often unknown. But, the pain may occur when a blood vessel comes in contact with the trigeminal nerve. This places pressure on the main part of the nerve as it enters your brain. After it leaves your brain and travels inside your skull, the trigeminal nerve divides into three smaller branches, controlling sensation throughout your face:

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- The first branch controls sensation in your eyes, upper eyelids and forehead.
- The second branch controls sensation in your lower eyelids, cheeks, nostrils, upper lips and gums.
- The third branch controls sensation in the jaw, lower lips, gums and some of the muscles you use for chewing.

The three branches of the trigeminal nerve deliver sensory stimuli to the brain from the face, teeth and tongue.

The pain may be felt in just one area served by a branch of the trigeminal nerve, or the it may spread to the rest of the face.

### MANAGEMENT:

**Nasya**-The nasya dravya (medicine) acts by reaching 'Sringataka marma'(a main vital point situated on the surface of the brain corresponding to the nerve centres, which consisting of nerve cells and fibres responsible for the function of speech- Broca's Centre, vision, hearing, taste and smell).From where it spreads into various srotasas (vessels and nerves) and brings out vitiated doshas from the head.

Sringataka is a composite structure consisting of four siras (arteries) in connection with four sense organs- viz, nose, ear, eye and tongue. The composite structure formed by the union of these four arteries is called sringata. As per the ayurveda school of thought for the evolution of a disease the vitiated doshas should be brought to the site from its original seat. This movement will be made through the srotasas (channels) and if there is any disturbance in the integrity of the srotasas it will result in the development of disease.

With regards to the Urdhwangarogas (diseases of head) there should be some disturbance in the normal functions of urdwanga srotasas (arteries, veins, nerves in the head). Sringataka are the most important group of srotasas in the urdwanga (head) and drugs acting through these srotasas are certain to bring about srotosuddhi (cleaning) in urdwanga.

### Action of drugs used inNasyakarma

- \* By general blood circulation, after absorption through mucous membrane.
- \* Direct pooling into venous sinuses of brain via, inferior ophthalmic veins.
- \* Absorption directly into the cerebrospinal fluid.

Many nerve endings which are arranged in the peripheral surface of mucous membrane, olfactory, trigeminal etc will be stimulated by Nasyadravya (the medicine used to give nasya) and impulses are transmitted to the central nervous system. This results in better circulation and nourishment of the organs and the diseases will subside. Most of the drugs described for nasya therapy have got katu (bitter), ushna (hot) and theekshna (sharpness) properties. These drugs produce draveekaranam (liquifaction) and chhedanam (expulsion) of vitiated doshas. The kashaya rasa (astringent taste) drugs produce astringent effect while madhura rasa (sweet) drugs produce cooling and nourishing effect.

In conclusion it may be stated that The nose is the doorway to the brain and it is also the doorway to consciousness.Prana or life energy enters the body through breath taken in through the nose. Nasal administration of medication helps to correct the disorders of prana affecting the higher cerebral, sensory and motor functions.the brief study of the mechanism of nasya can be summed up in a single statement made in the ayurvedic classics, "**Nasahi Shirasodwaram**" ie., nose is a pharmacological passage into the head.

1. **SIROVASTHI** - Special lukewarm herbal oils are poured into a cap fitted on the head for 15 to 60 minutes per day according to the patient's disorder for a period of 7 days. This treatment is highly effective for Trigeminal neuralgia, facial paralysis, dryness of the nostrils, mouth and throat, severe headaches, and other Vata-originated diseases.
2. **SHIROABHYANGA& SHIRODHARA** – Pouring of oil overforhead continuously is shirodhara.This treatment directly affects the central nervous system and profoundly relaxes the mind. Therefore it is ideal for mental stress and related problems, as well as diseases of the ear, nose and throat,

Paralysis, neuralgia.

3. We always advocate our patients some **virechan** with Erand tail (Castor oil) and Mahanarayan oil
4. Gentle **mukhabhyanga** (face massage) and **swedan** (steam) with Rasnasaptak kwatha.
5. **Ayurveda medicine** - Cayenne pepper, Shudh gugglu; Shunthi paak; Ashwagangharishta; Ekangvir ras; Dashmool; Erand; Rasna saptak kwatha and Maharasnadi kwatha are quite beneficial in this.

Exposure to wind and intake of dry food should be avoided. It's advisable to cover the face with scarf.

**You may consult our Ayurveda experts through on line consultation or personally.**

### HERB OF THE MONTH: Cayenne pepper

**LatinName:** Capsicum species

**Pharmacopeial Name:** capsici fructus, capsici fructus acer

Cayenne was introduced into traditional Indian Ayurvedic medicine as well as traditional Chinese, Japanese, and Korean medicines, respectively. In Ayurvedic medicine, a combination of cayenne, garlic, and liquid amber are used externally in paste or plaster form as a rubefacient (agent which reddens the skin) and local stimulant. It is also combined with mustard seed in a paste form used as a counterirritant ( Kapoor, 1990; Nadkarni, 1976). The dried fruit and/or tincture are also used internally to treat flatulent dyspepsia and atony of digestive organs ( Karnick, 1994; Nadkarni, 1976).

Cayenne preparations have demonstrated significant efficacy in the treatment of shingles, trigeminal neuralgia, and reduction of pain following surgical amputation (Tyler, 1993). For topical arthritis relief, capsaicin interferes with the pain of inflammatory joint disease. It may block pain fibers by destroying substance P, which normally would mediate pain signals to the brain (Garrett et al., 1997; Tyler, 1993). It may also interfere with oxygen radical transfers that are intrinsic to pain-producing prostaglandin pathways (Leung and Foster, 1996). While its exact mechanisms are not fully understood, capsaicin is regarded as a neuropathic pain reliever, and has recently been the subject of a phase 3 trial that demonstrated significant reductions in the long-term, postsurgical pain of cancer survivors (Ellison et al., 1997).

Research indicates that cayenne may also be quite useful when used in connection with migraines. For migraines, cayenne is applied as an ointment to the inside of the nostrils.

### BEAUTY TIPS: FOR SPARKLING TEETH

- For sparkling teeth, rub them once or twice a week with a dried bay leaf ( tej patta) or with table salt.
- If your teeth have stains, you can remove them by rubbing strawberries or putting three tablespoons of soda bicarbonate with two tablespoons of salt.
- To use as mouthwash take ¼ cup of vinegar, ½ cup wine, ½ cup honey, and 1 teaspoon of powdered cloves and boil them. This works as an effective mouthwash.

will prevent lips from chapping.

For personalized beauty related queries mail to: [beauty@ayurplanet.com](mailto:beauty@ayurplanet.com)

**FORTHCOMING EVENTS:**

**EVENT : 3rd Georgian International Healthcare Exhibition**

**Venue:** Tbilisi , Georgia

**Date(s):** 15-17 March, 2007

For details visit: [www.vantagemedifest.com](http://www.vantagemedifest.com)

**NEWS: Ayurveda India clinic in UK**

In the Light of spreading Ayurveda throughout the world we have started with another Ayurveda clinic project in Europe this month . This centre provides the consultation, Ayurveda treatments and Ayurveda education. Dr.Raghunandan Sharma is in UK for the developments of this endeavour. He can be reached at [ayurplanet@gmail.com](mailto:ayurplanet@gmail.com)

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